

FEELINGS

Journal on the following prompts below:

1. What messages did you receive about feelings growing up?
2. What messages would you have liked to receive or hear about feelings growing up?
3. What is a new mantra for your feelings?
4. Identify a feeling or feelings you feel guilt or shame around when you feel it OR identify a feeling or feelings you weren't allowed to feel growing up. Write those feelings below.
Next time you feel that feeling, celebrate it!

FEELINGS

- The first component of classical NVC is to observe without evaluating, the second is to express how we are feeling.
- *“Our repertoire of words for calling people names is often larger than our vocabulary of words to describe emotional states.”* -- Marshall B. Rosenberg
- Why do we struggle to identify our own emotions? We aren’t taught about emotions in school.
- Expressing our vulnerability can help resolve conflicts.

Feelings vs. Non-Feelings

To make matters more complicated, “feel,” is often used in the English language as an “I think,” statement.

Incorrect “Feeling,” statements:

“I feel that you should know better.”

“I feel like I am a failure.”

“I feel as if I’m living with a wall.”

“I feel I am constantly on call.”

“I feel it is useless.”

“I feel Amy has been pretty responsible.”

“I feel my boss is being manipulative.”

→ Distinguish **feelings** from **thoughts**.

Additionally, in the English language, it is common to put the word “feel,” before a feeling.

“I’m feeling irritated,” instead of “I’m irritated.”

→ Distinguish between what **we feel** and what **we think we are**.

It is important to differentiate between words that describe what we think others are doing around us and words that describe actual feelings.

Examples:

“I feel unimportant to the people with whom I work.”

The word “unimportant,” describes how I think others are evaluating me, rather than an actual feeling, which might be sad or discouraged.

“I feel misunderstood.”

Here the word “misunderstood” indicates my assessment of another person’s feeling rather than an actual feeling, which might be annoyed or anxious.

→ Distinguish between **what we feel** and **how we think** others react or behave toward us.

Faux Feelings

Faux-feelings are often mistaken for feelings when they are feelings mixed with thoughts.

Faux-feelings can fuel judgment toward ourselves or others and keep us stuck in a disempowered state.

If we happen to identify with some of these feelings then it is likely we've had a painful wound stimulated and need extra care and self-empathy in these situations.

We can unpack our and others faux-feelings by searching for the feelings and needs behind thoughts and statements.

Common Faux-Feelings

Abandoned	Controlled	Judged	Pressured	Used
Abused	Criticized	Left out	Provoked	Violated
Attacked	Dismissed	Made wrong	Rejected	Wronged
Belittled	Disrespected	Manipulated	Shamed	
Betrayed	Harassed	Misunderstood	Taken for granted	
Blamed	Ignored	Neglected	Tricked	
Bulldozed	Insulted	Patronized	Unappreciated	
Bullied	Invisible	Put down	Unheard	

Unpacking Faux-Feelings

When I experience being... **ignored**
(*faux-feeling*)

I might be feeling... **sad, lonely, and upset**

And I might be needing... **connection, shared reality, friendship, love**